VANCOUVER metro®

NEWS WORTH SHARING.

AMERICAN HUSTLER POURS ON CHARM AT GOLDEN GLOBES

CON-ARTIST CAPER ONE OF THE BIGGEST WINNERS AS LEADING LADIES CLEAN UP PAGE 15

Look lady, do you see a 'pants required' sign?

Record number of pants-less pranksters ride SkyTrain PAGE 3

They're short on pennies but high on pounds

Yes, even the impoverished are putting on weight PAGE 10

Tree-munching saboteurs?

Beavers at fault for derailment, says CN.
Top activist not buying excuse for coal spill

ELIZABETH HAMES
vancouver@metronews.ca

A CN Rail official walks along the tracks after seven train cars derailed, spilling coal from three of the cars in Burnaby on Saturday.
DARRYL DYCK/THE CANADIAN PRESS

Beavers are to blame for a train derailment that sent coal spilling into protected waters Saturday morning, says a company spokesperson.

Heavy rain caused a nearby beaver dam to wash out and flood the tracks, said Emily Hammer, spokesperson for Canadian National (CN) Railway, which owns the track.

When a locomotive owned by Canadian Pacific Railway rolled over the damaged area, seven cars went off the rails. Three fell over completely, dumping coal dust into a protected salmon stream that feeds into Burnaby Lake.

The Transportation Safety Board is investigating, and CN is heading the cleanup.

Kevin Washbrook, head of Voters Taking Action on Climate Change, isn't satisfied with the company's explanation.

"I think it's pretty pathetic that they're blaming this on the beavers," he said.

Washbrook said the incident causes him to question how well CN monitors its rail lines, such as those leading to Fraser Surrey Docks in Delta.

Port Metro Vancouver is looking at expanding the facility's coal-export capacity to four million tonnes per year. But it has faced fierce opposition from citizens and local governments concerned about the impacts such a plan would have on local health and climate change.

A review conducted by SNC Lavalin in November found there would be no significant impacts of coal dust on local health or the environment if the expansion went ahead. However, Vancouver Coastal Health and Fraser Health officials rejected the assessment as insufficient.

The Surrey Fraser Docks controversy follows the January 2013 approval of a much larger expansion of the Neptune Terminals coal-handling facility in North Vancouver, which is where the train was heading Saturday when it derailed.

The Vancouver Fraser Port Authority-approved expansion will increase Neptune's coal-export capacity from nine million tonnes per year to 18.5 million.

Coal is currently B.C.'s No. 1 commodity export, bringing in billions of dollars of revenue and thousands of jobs to the province each year.

PRACTICAL NURSING PROGRAM

110 YEARS 1903 - 2013

LEARN WITH ONE OF CANADA'S LARGEST PRACTICAL NURSING TRAINERS

FREE Math, English & Biology Upgrading* - Career Placement Assistance - Financial Options Available

Health Care related careers have an expected annual growth rate of 2.4 percent in BC over the next 10 years.

CALL 310.HIRE (4473) OR VISIT SPROTTSHAW.COM

SPROTT SHAW COLLEGE SINCE 1903

*conditions apply

On January 28

the more you text

the more you help

On January 28, for every text message sent or long distance call made by a subscriber*, Bell will donate 5¢ more for initiatives helping the millions of Canadians affected by mental illness.

bell.ca/letstalk #BellLetsTalk

*Regular long distance and text message charges apply

Bell Let's Talk

Ratfink run

Skier dies at Whistler

A 63-year-old skier was pronounced dead at Whistler Health Care Centre on Saturday after he skied headfirst into a tree well.

"Whistler Mountain Ski Patrol, a paramedic and a mountain doctor responded to the scene immediately, while members of the public administered CPR," according to a media release from Whistler Blackcomb.

The man was found near Ratfink run then taken down the mountain and into an ambulance to Whistler Health Care Centre where he was pronounced dead.

A tree well is a hole that forms around the base of a tree while snow accumulates. The skier's identity has not been publicly released.

SINDHU DHARMARAJAH/FOR METRO

Pics of boyfriend's ex

Teen guilty of child pornography

A Victoria-area teenage girl who texted naked pictures of her boyfriend's ex-girlfriend has been found guilty of child pornography and uttering threats.

The teen sent the photos and thousands of other texts when she was 16 and was charged last year.

Her lawyer, Christopher Mackie, told the teen's trial in September that he would argue that it's unconstitutional to charge youths who engage in sexting with child-pornography offences because the process of sending erotic images by wireless devices is lawful for adults.

THE CANADIAN PRESS

A woman takes a photo of participants in the No Pants SkyTrain Ride in Vancouver on Sunday. ELIZABETH HAMES/METRO

No pants? Just please 'keep a straight face'

No Pants SkyTrain Ride. Largest group of pantless passengers ever boards Vancouver public transit for an 'international celebration of silliness'

ELIZABETH HAMES
vancouver@metronews.ca

About 200 pantless travellers stormed public transit in Vancouver Sunday afternoon, delighting fellow passengers and clogging the rail lines.

At 4 p.m. sharp, the largest group of No Pants SkyTrain Ride participants ever boarded the train at Commercial and Broadway and took off their trousers. They rode for more than an hour, turning heads wherever they went.

While the rules of the event instruct participants to "keep a straight face," most couldn't help but giggle.

Hordes of television cameras and reporters also gave the joke away.

Larry Piche, who has organized the Vancouver event since its inception, said he has no problem convincing people to take off their pants in public.

Quoted

"There's a need for it.... We put smiles on people's faces."

Larry Piche, co-founder of Vancouver Improv Anywhere, which heads the No Pants SkyTrain Ride each year.

"There's a need for it," said the co-founder of Vancouver Improv Anywhere, which heads the event. "I just need to make a Facebook page for it and people show up."

Piche said there is no reason behind the ride "other than having fun."

"We put smiles on peoples' faces," he said.

The No Pants Subway Ride got its start on the New York subway in 2002, when seven members of the group Improv Everywhere took off their pants as a prank.

Now in its 13th year, the event has grown to an "international celebration of silliness," with public transit riders taking off their pants in an estimated 60 cities in 15 countries each year.

Become a Special Education Teacher's Assistant

- Train for an in-demand career
- Assist children in need
- Upcoming start dates

Six locations to choose from!
www.mticc.com
604-310-2684

MTi COMMUNITY COLLEGE

Apology to Chinese community won't include head-tax redress

B.C. Wat says feds already compensated head-tax victims

B.C. will not consider financial redress for the head-tax as part of its official apology to the province's Chinese community, B.C.'s minister for multiculturalism reiterated on Sunday.

Speaking at a public consultation at the Chinese Cultural Centre of Greater Vancouver, Teresa Wat said the federal government already compensated head-tax victims in 2006.

"In this particular consultation, we are open to all kinds of input but we are not considering financial redress," said Wat. "It doesn't mean that a meaningful apology without financial compensation is not a meaningful apology."

Wat went on to say that the focus of the forum is to use input from the public to guide the wording and delivery for the apology.

Sid Chow Tan, former Head Tax Families Society president, said words don't mean anything without action and believes a $9 million head-tax redress would help bring closure to the families. "They paid for all, all of the trans-Canada railway," Tan said. "That's a nation-building effort, and that has never been acknowledged in a way it should be. It is very Canadian and British Columbian to ask for the refund of an unjust tax. If you take a dollar from me and my family and say sorry, does that mean you don't have to give me the dollar back?"

David Choi, chair of the Nation Congress of Chinese Canadians, Pacific Region, said that with over 160 pieces of legislations being looked at, British Columbians must understand why this apology is being made.

"This process in B.C. is not just about the head-tax," Choi said. "I'm making the point that we should not let the head-tax overshadow the entire process, otherwise the letter will not be brought to closure."

The forum heads next to Kelowna and returns in the Lower Mainland on Jan. 20 at Burnaby's Metrotown Hilton. SINDHU DHARMARAJAH/FOR METRO

B.C. Multiculturalism Minister Teresa Wat addresses a crowd at the Chinese Cultural Centre of Greater Vancouver on Sunday during a consultation forum ahead of the province's planned apology to Chinese Canadians for historical wrongs. SINDHU DHARMARAJAH/FOR METRO

Controversial DTES jaywalk ticketing at all-time low

A man jaywalks across East Hastings Street Sunday night. ELIZABETH HAMES/METRO

A new report is proof Vancouver police don't unfairly target Downtown Eastside residents, according to a city councillor.

The police department has been fighting complaints from the Pivot Legal Society and Vancouver Area of Drug Users (VANDU) since May 2013 over alleged discriminate enforcement of bylaw offences, such as jaywalking.

The allegations made their way up to the Office of the Police Complaints Commissioner, who in November recommended the force produce historic statistics on jaywalking and develop policies based on the Missing Women Commission of Inquiry (MWCI) finding that women are reluctant to report crime to officers if they themselves are wanted for by-law infractions.

The police department has now completed its follow-up report, which is available online and will be presented to the Vancouver Police Board on Thursday.

The report says that contrary to Pivot and VANDU's allegations, the number of jaywalking tickets handed out in the Downtown Eastside hit a historic low of 17 per month in 2013. The report says that's a 56 per cent reduction from 2008, when officers handed out an average of 83 jaywalking tickets per month.

"It vindicates what the VPD has been saying," said Coun. Kerry Jang. "I hope it puts an end to the myth that there's been a ticketing blitz against the people of the DTES. The numbers clearly illustrate that was not the case."

As for the MWCI recommendations, the report says police are working with Sister-Watch partners to develop a program where marginalized women can report violence and criminal offences through a community intermediary if they are afraid of going to police directly. MATT KIELTYKA/METRO

Burns Lake

No charges in deadly mill blast

No criminal or regulatory charges will be laid in connection with an explosion and fire that killed two workers at a Burns Lake sawmill.

The Criminal Justice Branch says that based on the evidence provided by WorkSafeBC there is no substantial likelihood of conviction against the Babine Forest Products sawmill.

The blast in January 2012 injured 20 people.

Last September, WorkSafeBC submitted a report to the branch for an assessment on whether charges under provincial legislation should be laid against the company.

The branch says the charge-assessment analysis included consideration of a viable defence of due diligence.

Crown lawyers are meeting with the mill workers and family of those who died in Burns Lake to advise them of the decision not to approve charges. THE CANADIAN PRESS

Delta

Two young teens sexually assaulted

Delta police are searching for a man thought to be in his 40s who allegedly sexually assaulted two teens as they walked to school Friday morning.

Acting Sgt. Sarah Swallow said two Grade 8 girls were walking on a footpath in the Sunshine Hills area of North Delta around 8 a.m. when the man approached from behind and sexually assaulted one of them. Shortly after, a man sexually assaulted a Grade 9 student.

In both cases the suspect is described as a white man with long blond hair and a scruffy blond beard, wearing a black leather jacket, jeans and a black and white toque with a hint of red.

Police are reminding parents to talk to their children about walking in groups, being aware of their surroundings and reporting suspicious people to police or an adult. KATE WEBB/METRO

Statements of defence

Pickton's brother claims ignorance

The brother of serial killer Robert Pickton says he had no idea sex workers were being taken to his family's property near Vancouver and murdered.

The children of several women whose remains or DNA were found on Pickton's property in Port Coquitlam have filed lawsuits against Pickton, Pickton's brother David, and police.

David Pickton has now filed statements of defence.

He says he had no idea his brother was a danger to women who visited the Pickton property. The statements of defence deny allegations that David Pickton lied for his brother after he was accused of attempting to murder a sex worker in 1997.

David Pickton is also fighting an unrelated lawsuit, in which he is accused of sexually assaulting a woman in the early 1990s. THE CANADIAN PRESS

There is no next time. It's...

NOW *OR NEVER*

SAVE

*70–80%** **OFF**

WOMEN'S AND MEN'S FALL/WINTER CLOTHING

PLUS

UP TO *70%** **OFF**

FALL/WINTER ACCESSORIES AND FOOTWEAR

HOLT RENFREW

VISIT HOLTRENFREW.COM FOR SALE DETAILS & STORE HOURS.

* At all Holt Renfrew stores except hr2. Some restrictions apply. See an associate for details. While quantities last. Styles, sizes and quantities are limited and vary by store. Cannot be combined with any other promotion. No price adjustments on previous purchases.

UBC open forum tackles sex assault on transit

Improving safety. Reports of harassment, attacks have seized the attention of students

ELIZABETH HAMES
vancouver@metronews.ca

UBC students will swap ideas for improving protection against sexual assault on public transit at an open forum, Monday night.

B.C. Transit Police Sgt. Wendy Hawthorne as well as Anisa Mottahed, manager of UBC's Sexual Assault Support Centre, are featured speakers.

"This is an opportunity to change the culture of transit," said Angela Marie MacDougall, executive director at Battered Women's Support Services, in a release.

Sexual assault and harassment is a long-standing concern for users of public transit.

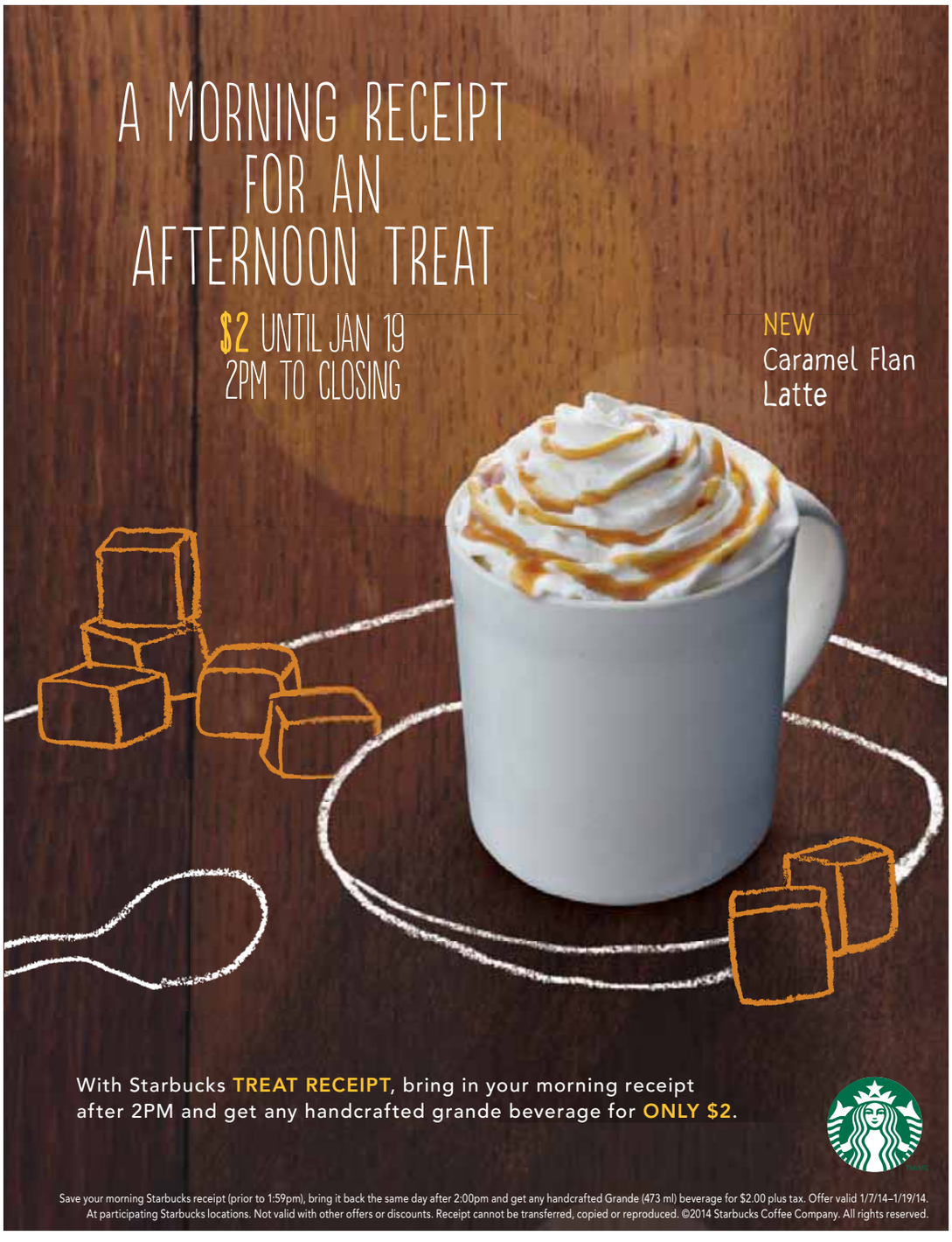
Following its launch last fall, the Harassment on Translink project was flooded with stories of sexual assaults on Vancouver's buses and SkyTrains.

SFU students Alexa Dredge and Katie Nordgren said they started the blog to draw attention to the problem.

Sexual assaults are top of mind for UBC students right now, as police hunt for a man who allegedly sexually assaulted numerous female students on the Point Grey campus in late 2013.

Visit womentransformingcities.org for more information.

Students at the University of B.C.'s Point Grey campus in October following a number of sex assaults on students. NICK WELLS/METRO FILE


A MORNING RECEIPT FOR AN AFTERNOON TREAT
$2 UNTIL JAN 19
2PM TO CLOSING
NEW
Caramel Flan Latte
With Starbucks TREAT RECEIPT, bring in your morning receipt after 2PM and get any handcrafted grande beverage for ONLY $2.
Save your morning Starbucks receipt (prior to 1:59pm), bring it back the same day after 2:00pm and get any handcrafted Grande (473 ml) beverage for $2.00 plus tax. Offer valid 1/7/14–1/19/14. At participating Starbucks locations. Not valid with other offers or discounts. Receipt cannot be transferred, copied or reproduced. ©2014 Starbucks Coffee Company. All rights reserved.

Mount Washington

Snow drought over for ski resort

A Vancouver Island ski resort is finally opening its doors after a lack of snow kept the mountain's runs closed this season.

Mount Washington Alpine Resort spokesman Brent Curtain says two of the five main lifts opened Sunday.

The ski season has been delayed by about a month, and on Saturday the mountain had 110 centimetres of snow after a storm swept through.

At the beginning of the month the resort had 20 centimetres of snow at its mid-mountain baseline, compared to the 350 centimetres it had at the same time last year.

Earlier this month, the resort negotiated a deal allowing season pass holders to ski for free at Whistler Blackcomb, and Curtain says it will continue until the end of January or until more mountain runs are opened. THE CANADIAN PRESS

Cross-border crime

Ex-Mountie jailed for drug conspiracy

A former Fraser Valley Mountie has been sentenced to eight years in a U.S. prison for his role in a cross-border drug-trafficking conspiracy.

Rapinder Singh Sidhu, of Abbotsford, pleaded guilty to conspiracy to export cocaine in October.

At a sentencing hearing Friday in Seattle, a judge stated Sidhu wanted money, to be part of a major drug conspiracy and to be of use to criminals.

Sidhu left the RCMP in 2003 over his perceived mistreatment, according to court statements, and then helped bring cocaine into Canada and smuggle marijuana into the U.S.

Prosecutors say he also recruited a corrupt Canadian border guard to help get cocaine through customs checkpoints.

The investigation resulted in the seizure of more than 756 kilograms of cocaine and $3.5 million US. THE CANADIAN PRESS

Body found in ravine. Man charged in death of girl, 16

Charges have been laid in connection with the slaying of a 16-year-old B.C. girl whose body was discovered in a ravine one year ago.

Summer Star Elizabeth Krista-Lee Fowler — also known as C.J. — was found dead in Kamloops in December 2012.

RCMP announced on Sunday that investigators arrested 22-year-old Damien Taylor in Kelowna on Friday.

Supt. Brad Mueller said Taylor and Fowler were both from the Terrace area and that they had travelled to Kamloops together to visit friends.

"Mr. Taylor and Ms. Fowler were known to each other and were considered to be in a dating relationship," Mueller said at a news conference.

Fowler's parents expressed relief and thanked police.

"We both actually wanted to just thank God also, because we prayed day and night," said father John Wilson.

Mueller said investigators worked tirelessly over the past year on the case.

"I'd be lying if I said that those same feelings of disbelief, shock and grief did not impact those police officers working on this case who committed so much of their time and efforts the last 13 months in pursuit of the truth."

Taylor is expected to appear in court on Monday.
THE CANADIAN PRESS

Former Israeli prime minister Ehud Olmert stands in front of the coffin of former Israeli prime minister Ariel Sharon at the Knesset plaza in Jerusalem on Sunday. Sharon, the hard-charging Israeli general and prime minister who was admired and hated for his battlefield exploits and ambitions to reshape the Middle East, died Saturday, eight years after a stroke left him in a coma from which he never awoke. He was 85. ODED BALILTY/THE ASSOCIATED PRESS

Israelis offer final goodbyes to Ariel Sharon

'There will never be anyone else like him.' Former comrades, political allies and regular citizens flock to Jerusalem to pay respects to late leader

Israelis from all walks of life flocked to parliament Sunday to catch a glimpse of Ariel Sharon's coffin and pay their final respects to the iconic former prime minister and general.

A stream of visitors ranging from former army comrades to political allies to citizens who only knew him from afar remembered Sharon as a decisive leader, for better or for worse, and one of the final heroes of Israel's founding generation.

"Those who didn't know him from up close can't truly understand what a legend he was," said a choked-up Shlomo Mann, 68, who served under Sharon's command in the 1973 Mideast war. "There will never be anyone else like him."

The 85-year-old Sharon died Saturday, eight years after a stroke left him in a coma.

In a career that stretched across much of Israel's 65-year existence, his life was closely intertwined with the country's history. As one of Israel's most famous generals, the man known as "Arik" was renowned for bold tactics and an occasional refusal to obey orders. To his supporters, he was a war hero; to his critics, a war criminal.

As prime minister late in life, he was embraced by the public as a grandfatherly figure who provided stability in times of turmoil.

A state memorial is planned for Monday at parliament, followed by a funeral service at Sharon's ranch in southern Israel. U.S. Vice-President Joe Biden, former British Prime Minister Tony Blair and others are expected to attend the ceremonies. THE ASSOCIATED PRESS

Ford an honorary American? Thanks, but no thanks

An online petition to make Toronto Mayor Rob Ford an honorary U.S. citizen hasn't garnered much support so far. CHRIS YOUNG/THE CANADIAN PRESS

A petition to make Toronto Mayor Rob Ford an honorary U.S. citizen hasn't garnered much support so far.

The petition appears on the White House website under the headline: "Proclaim Robert Bruce 'Rob' Ford, the 64th Mayor of Toronto, An Honorary Citizen of the Unites States of America."

Four people had signed it by Sunday afternoon.

The petition had been on the website since Jan. 3, and even though it had received a bit of media attention, that didn't exactly appear to have spurred a great public stampede toward the cause.

The tongue-in-cheek petition says: "(Ford) has at once demonstrated an exceptional proclivity to act for the greater good and been the subject of horrifying political attacks. The evidence demonstrates the attacks are motivated by Mayor Ford's unwavering adherence to good governance over the interests of his political opponents."

It goes on to say, "Mayor Ford is clearly a hero of humanity who deserves the very best. We therefore petition (President Barack) Obama to declare Mayor Ford an Honorary Citizen of the United States."

As of Sunday afternoon, the petition was 99,996 signatures short of the 100,000 required to get a White House response.

THE CANADIAN PRESS

That's no moon, it's a petition

The White House instituted the 100,000-signature requirement after it had been hit with spoof petitions — demanding America build a "Star Wars-style Death Star."

- The White House had to politely, and jokingly, inform people that it was not fiscally feasible in a time of budget constraints.

RBC Royal Bank
adds up to $16,856* in 10 years
$9,091* 6 years
$4,206* 3 years
Investing $25 a week
Turn once a week into once in a lifetime.
Explore life after kids.
Start investing $25 a week, today.
Start today. Visit a branch or rbc.com/blossom or call 1-866-783-5995.
Advice you can bank on™

Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. * The example assumes a 5% annual rate of return in a Tax-Free Savings Account. Example is strictly for illustrative purposes only and not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. ® / TM Trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © 2014 Royal Bank of Canada. All rights reserved.

Syria. Rebel infighting leaves nearly 700 dead

Rebel-on-rebel clashes have killed nearly 700 people over the past nine days in northern Syria in the worst bout of infighting among the opponents of President Bashar Assad since the country's civil war began, activists said Sunday.

The fighting pits the al-Qaida-linked Islamic State of Iraq and the Levant (ISIL) against several Islamist and more moderate rebel brigades. The ISIL muscled its way into opposition-held territory in northern Syria last spring, co-opting some weaker rebel brigades and crushing others.

THE ASSOCIATED PRESS

Peace talks

Syria's opposition came under pressure to attend peace talks.

- **U.S.** Secretary of State John Kerry joined other foreign ministers who urged coalition President Ahmed al-Jarba to deliver his group and meet with the government it hopes to overthrow.

Buildings, including the Dar Al-Shifa hospital, lay in ruins following air strikes in Aleppo, Syria, in this November 2012 photo. THE ASSOCIATED PRESS

Students fight security forces ahead of key vote

Egypt. More than 52 million voters to decide whether to support amendments to the constitution

Hundreds of students supporting Egypt's ousted president battled security forces Sunday at three Cairo universities, two days before a referendum that officials say will be protected by a massive deployment of soldiers and police.

The clashes came as Egypt's Interim President Adly Mansour urged voters to head to the polls to cast ballots Tuesday and Wednesday on the draft constitution. Mansour said that the draft charter used "moderate" Islam as a base for legislation. He also asked voters "to lead the ship of the nation to the shores of safety."

Egypt's more than 52 million voters will decide whether to support amendments to the constitution initially drafted under toppled Islamist President Mohammed Morsi. Two panels dominated by secular-leaning politicians and legal experts rewrote the document.

A large turnout and a strong "yes" vote would give legitimacy and a boost to a military-backed plan for presidential and parliamentary elections.

On Sunday, Morsi's Muslim Brotherhood group and its allies stepped up confrontations in the streets ahead of the vote. Students at Cairo and Ain Shams universities marched off campus, burned tires and blocked main roads. Riot police fired tear gas and students responded by hurling stones. In one incident, witnesses say the students set a police vehicle and a traffic post on fire.

A supporter of ousted leader Mohammed Morsi flashes the "Rabaa" sign, used by Muslim Brotherhood activists, during a protest in Nahda Square, near Cairo University in Giza, Egypt, Sunday. HEBA ELKHOLY/THE ASSOCIATED PRESS

Students at the Islamic Al-Azhar University also protested. Police arrested 19 protesters for blocking traffic, said a security official.

The military and police will deploy hundreds of thousands of soldiers and officers — including special forces commandos — to guard the vote.

Mansour also ordered a change to Egyptian law to now punish those found guilty of illegally casting a ballot with up to 15 years in prison.

THE ASSOCIATED PRESS

New soup starter event added to Dine Out Van Fest

Vancouver, BC

Everyone knows that Dine Out Vancouver Festival is about eating three course meals at some 260+ Vancouver area restaurants for relatively inexpensive prices. But, did you know they have events too? I know, right? Actually, they've had events for the last four years adding more every year and this year is no different. On Friday January 17th, over 50 chefs from participating restaurants will be convening for a group breakfast. Each has been asked to bring one ingredient for a big experimental soup. Think about this for a moment, that's going to be one hella-big soup! The "Chef Souf Experiment" will be tended and cooked by student chefs from the Pacific Institute of Culinary Arts and then served, free of charge, to anybody who arrives in time to sample it before it all runs out. Soup is served at 12:30pm outside Bistro 101 at the Pacific Institute of Culinary Arts, 1050 2nd Ave, at the entrance to Granville Island.

If you can't get out to Granville Island at lunch time, perhaps you can grab entry to Dine Out's flagship evening launch event; Plated & Paired at the Public Market – a collaboration between Granville Island Public Market and the Wines of British Columbia. Tickets are $48 plus taxes and you can sample from many of the islands restaurants that are participating in the festival including The SandBar, The Keg Steakhouse, Bridges, and many other market vendors, all in the market afterhours. Plus, there are more than 25 wineries being represented, each pouring glasses of their various wines.

There is an event happening every day over the 17 days of the Festival. Be sure to check out the website **www.dineoutvancouver.com/events** *where you can find out info and purchase tickets online.*

'Score-settling' kills 13 in Central African Republic: Red Cross

Scattered violence in the capital of Central African Republic, including two nights of intense gunfire in some neighbourhoods, has killed 13 people since Michel Djotodia announced his resignation from the presidency on Friday, the Red Cross said.

The victims were mostly targeted in isolated incidents of "score-settling" and the number was likely to rise as violence continued in pockets of Bangui, the local Red Cross president said Sunday.

In Bangui's Boulata neighbourhood, Muslim youths claiming to seek revenge for Djotodia's exit set fire to a church while children in the Sica-Saidou neighbourhood stole items from a mosque before setting it alight, saying they were avenging the killing of a Christian the night before. And in Galabadja, a distraught former member of Seleka opened fire seemingly at random on Saturday, killing and injuring an untold number of bystanders.

Many streets in Bangui were deserted Sunday with residents of some neighbourhoods holed up fearing further violence.

Backed by his mostly Muslim Seleka rebel alliance, Djotodia seized power in March. On Friday, he agreed to step aside along with his prime minister at a regional summit in Chad amid mounting pressure over his failure to stem widespread violence pitting Muslims and Christians against each other.

The violence reached new heights in December, killing more than 1,000 people and prompting nearly 1 million to flee their homes.

Djotodia sought exile in the West African nation of Benin on Saturday, flying on a plane lent by the president of Chad.

THE ASSOCIATED PRESS

The victims

"Among the dead we've found night watchmen, street children and the victims of stray bullets"

Antoine Mbao-Bogo, local Red Cross president, commenting on the violence.

Spain

Rally backs return of ETA prisoners

Around 100,000 people marched in Spain's northern city of Bilbao late Saturday calling for prisoners from armed Basque separatist group ETA to serve out their sentences in their native region rather than in jails in other parts of Spain. Organizers had called for the march to be silent but participants chanted prisoners' names loudly.

THE ASSOCIATED PRESS

Rwanda

Consequences for betrayal: Kagame

It's a matter of time before those who've betrayed Rwanda face consequences, Rwandan President Paul Kagame said Sunday, nearly two weeks after the killing of a former Rwandan spymaster turned dissident in a Johannesburg hotel. Kagame's critics have accused him of ordering the killing. Government representatives have not denied or accepted responsibility.

THE ASSOCIATED PRESS

Gay man jailed for sending text message dies

Cameroon. Lawyer blames government for 34-year-old's death following a hernia

A gay man in Cameroon who was jailed for sending a text message to another man saying "I'm very much in love with you," and who was later declared a prisoner of conscience by Amnesty International, has died, according to a lawyer who worked on his case.

Roger Jean-Claude Mbede, 34, died Friday roughly one month after his family removed him from the hospital where he had been seeking treatment for a hernia, lawyer Alice Nkom said.

"His family said he was a curse for them and that we should let him die," she said.

Mbede was arrested in March 2011 in connection with the text message and convicted the following month under a Cameroonian law that imposes up to five years in prison for homosexual acts. He received a three-year sentence.

Cameroon brings more cases against suspected gays than any other African country, according to Human Rights Watch. The rights group said in a March 2013 report that at least 28 people had been charged under the law in the past three years.

Mbede developed the hernia while in prison. In July 2012, he was granted provisional release on medical grounds, according to Human Rights Watch, and went into hiding. An appeals court upheld his conviction in December 2012.

"I accuse the state," said Nkom. "If there had not been criminalization of homosexuality, he would not have gone to prison and his life would not be over ..."

THE ASSOCIATED PRESS

Unapologetic

Cameroonian officials have been unapologetic about their enforcement of the anti-gay law, and have rejected recommendations from the UN Human Rights Council to protect sexual minorities from violence.

The colour of democracy

An anti-government protester holds a national flag during a speech from the stage during a rally at the Democracy Monument in Bangkok, Thailand, Sunday. The protesters want caretaker Prime Minister Yingluck Shinawatra to resign and her government replaced by a non-elected interim administration, which will implement reforms they say are needed to stop corruption and money politics. The banner reads: "Resident of Koh Pa-ngan." APICHART WEERAWONG/THE ASSOCIATED PRESS

International deal

Iran agrees to slow down, open up nuclear program

Iran has agreed to limit uranium enrichment and to open its nuclear program to daily inspection by international experts starting Jan. 20, setting the clock running on a six-month deadline for a final nuclear agreement, officials said Sunday.

In exchange, the Islamic Republic will get a relaxation of the financial sanctions that have been crippling its economy.

The announcement that Iran and six world powers (Britain, China, France, Germany, Russia and the U.S.) had agreed on the plan for implementing an interim agreement came first from Iranian officials and was later confirmed elsewhere. Some U.S. lawmakers have been leery of the deal.

Deputy Foreign Minister Abbas Araghchi told IRNA state television some $4.2 billion in seized oil revenue would be released.

THE ASSOCIATED PRESS

HAPPY LUNAR NEW YEAR!

Celebrate the Year of the Horse with Special Stamps & Collectibles

Canada Post marks the Year of the Horse with a beautiful series of stamps, souvenirs and collectibles. Give them as gifts, use them to send greetings to family and friends, and collect them to mark this special year.

Available at the post office and online **canadapost.ca/lunar**

CANADA POST POSTES CANADA

The meek shall inherit the girth — world's poor becoming fat

Tipping the scales.
Obesity no longer a first-world problem as more and more countries battle the bulge

ELISABETH BRAW
Metro World News in London

Fat fact: Overweight and obesity rates have almost doubled in Mexico since 1980, says U.K. think-tank Overseas Development Institute. GETTY IMAGES

For generations, Mexicans have enjoyed aguas frescas, a healthy thirst-quenching beverage. But today, they drink the most soda per capita in the world.

And the effect is showing up on health statistics: today 33 per cent of Mexicans are obese, which makes them even fatter than the United States (32 per cent), according to the UN's latest figures.

"People's palates have been kidnapped," says Xaviera Cabada, nutritional health co-ordinator at El Poder del Consumidor, a Mexican nutrition organization. "People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Yet overweight Mexicans don't live in opulence. On the contrary, they're usually low-income earners.

Around the world, the poor are becoming fat. Just as Mexicans are abandoning their healthy grain- and fruit-based diet, others are ditching their inexpensive fare in favour of fast food.

According to the World Health Organization, obesity is still less common in low-income groups, but being poor is no longer a guarantee against the bulging waistline.

"Obesity is a big-time problem," says Hank Cardello, director of the Obesity Solutions Initiative at the Hudson Institute in Washington, D.C., and author of Stuffed: An Insider's Look at Who's (Really) Making America Fat.

"In the U.S. alone, it costs around $200 billion per year," Cardello said. "And there's the personal cost: obesity is the portal to diseases like diabetes."

Nowhere is the obesity trend stronger than in Latin and South America's growing economies. Peru now has more fast-food restaurants per capita than any other country. In Guatemala, half of children suffer from anemia and stunting, while half of women are either overweight or obese.

"It's already showing results in obesity-related illnesses," reports Cabada. "So many people have diabetes now. If you ask a room full of Mexicans if they have diabetes, 80 per cent will say yes. And some people with normal weight have nutrition-related illnesses as well."

In 2011, 81,000 Mexicans lost their lives to diabetes — three times as many as were killed in the country's escalating drug war.

But even though countries face huge health-care costs, nobody can force people to eat better — or companies to make healthier food. The answer, says Cardello, is to show food giants that they'll improve their bottom line by reducing calories in their products.

"People want their Coke and potato chips," said Cardello. "The answer is not to take bad products off the shelf but to introduce healthier ones."

Even so, switching to a healthier cousin of the potato chip is just a Band-Aid on the global fast-food addiction. But Cabada sees a ray of hope: "Here in Mexico, people are noticing that they're getting fatter, so they're becoming more alert."

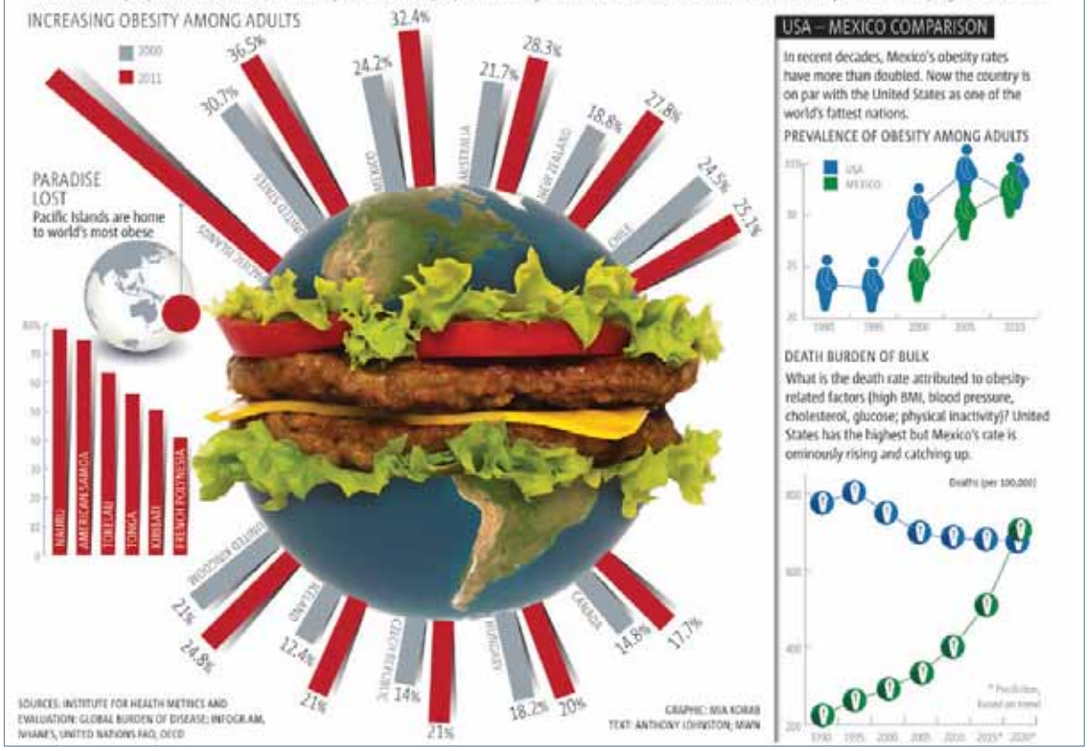
In poor taste

"People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."
Xaviera Cabada, expert at Mexican nutrition group El Poder del Consumidor

SEE NOW, PAY IN 2015†
$0 $0 0%
payments down interest
LASIK MD VISION
Starting at $490 per eye*
Book a free consultation at
1-877-663-9888 or lasikmd.com
Offer ends soon!
†Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2014. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

DEATH BY FOOD: WE'RE GETTING FATTER

The number of people who are obese (with a Body Mass Index of 30+) is ballooning worldwide. Metro looks how the world's developed and developing countries fare.



USA – MEXICO COMPARISON

In recent decades, Mexico's obesity rates have more than doubled. Now the country is on par with the United States as one of the world's fattest nations.

PREVALENCE OF OBESITY AMONG ADULTS

DEATH BURDEN OF BULK

What is the death rate attributed to obesity-related factors (high BMI, blood pressure, cholesterol, glucose; physical inactivity)? United States has the highest but Mexico's rate is ominously rising and catching up.

Top 5 good fast-food innovations

1 Burger King Satisfries

French fries coated with a batter that helps the food product absorb less fat.

2 Campbell Soup Goldfish Puffs

A healthier version of the famous Goldfish snack, they're air-puffed, gluten-free and contain fewer calories.

3 McDonald's Premium McWraps

Sandwiches contain cucumber, tomatoes and lettuce. The chain has also introduced side salads as an alternative to fries.

4 General Mills Green Giant Roasted Veggie Tortilla Chips

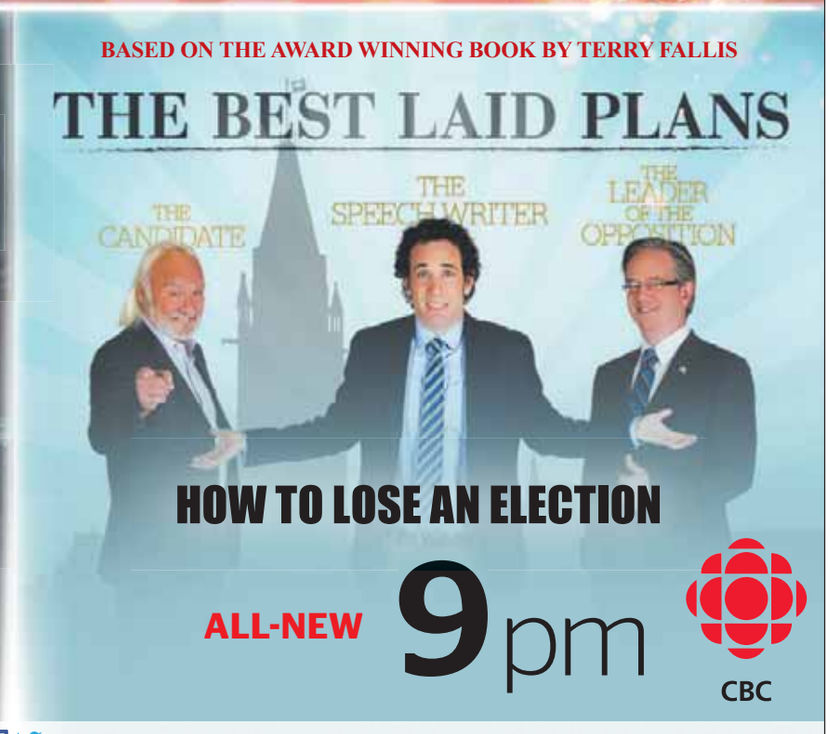
The brand plans to introduce 10 more vegetable snacks.

5 Kraft colour-free Mac and Cheese

The all-American staple will now be sold in its natural colouring instead of using a bright artificial dye.

TONIGHT

BASED ON THE AWARD WINNING BOOK BY TERRY FALLIS



cbc.ca/murdochmysteries @CBCMurdoch cbc.ca/thebestlaidplans @Best_Laid_Plans

MARS ONE: SNAPSHOTS

Seventy-five Canadians are among 1,058 shortlisted candidates for a one-way ticket to Mars in a colonizing mission being organized by Mars One, a Dutch not-for-profit foundation. Here's a look at one of the possible "human ambassadors on Mars."

MORGAN MODJESKI/METRO IN SASKATOON

Blacksmith, father of one in the running for Mars take-off

Waking up at 5:30 a.m. for a light breakfast of a bagel, a handful of trail mix and a variety of vitamins, Justin Semenoff is a pretty normal guy.

A skilled blacksmith, a father of one son and a combat engineer with the Canadian Forces, you wouldn't take a second look at Semenoff when he's shopping at Co-op in Saskatoon's Stonebridge neighbourhood or while he's out for a bicycle ride.

But there's something unusual about this 35-year-old Saskatchewanian.

Semenoff, alongside 75 other Canadians, has been shortlisted from among 200,000 applicants as a candidate for the Mars One project — an ambitious endeavour with a goal to launch the first human colony on the Red Planet in 2025.

Describing himself as not a "hugely public person," Semenoff points out that being shortlisted has taught him skills and prompted him to want to become an ambassador for the mission.

"It's a good learning lesson," he said over a cup of coffee at his home.

"The entire venture, if it ends tomorrow, has been worth it."

An hour after breakfast, Semenoff travels from his condominium to what he calls his "second home" — Diekema Martial Arts in downtown Saskatoon.

There, he's greeted by friends and sparring partners, whom he refers to as his "second family."

Semenoff generally trains two to three hours per session, three times a week. Studying taekwondo, jiu jitsu and kickboxing, he said martial arts serve as stress-relief, and help him focus.

"It really gives you something — a sense of accomplishment," he said.

Lifelong friend Stephen Procyk and gym owner Clint Diekema said they will miss Semenoff if — and, in their opinion, when — he is selected for the mission.

Though Semenoff said he would miss his friends, it's not something he's thinking about.

"It falls into the same category as family. How do you get up and leave them forever?" he asked, as sweat poured down his face.

"But with great accomplishment comes great responsibility and sacrifice ... I'll focus on that when — and if — that time even comes."

Justin Semenoff, one of 1,058 people from around the world shortlisted for the Mars One project.
MORGAN MODJESKI/METRO IN SASKATOON

THE POWER OF A GROUP
We're making survival of the fittest a bit more social! With numbers, there comes strength; making a connection with people that push you and motivate you while making you smile.
Experience the power and energy of Group Fitness!
Check out our classes on YouTube
youtube.com/stevenashfitness
DOWNLOAD A FREE CLASS PASS AT SNCLUBS.COM TODAY!
VISIT US ONLINE SNCLUBS.COM
CALL US 604.495.NASH (6274)
STEVE NASH FITNESS WORLD & SPORTS CLUB
TRUE 2 FORM

Mother Nature on the run?

Rocker Neil Young compares oilsands to Hiroshima

Canadian rock icon Neil Young launched a blistering attack on the Harper government and Alberta's oilsands at a news conference on Sunday, saying that he was "shattered" after visiting a Fort McMurray industrial site he compared to the atomic bomb-devastated wreckage of Hiroshima, Japan.

Joined on the Massey Hall stage by representatives from the Athabasca Chipewyan First Nation, Young was especially scathing in his criticism of Prime Minister Stephen Harper's "hypocritical" administration, which Young said was ignoring science to irresponsibly drive corporate profits.

Neil Young
THE CANADIAN PRESS

"Canada is trading integrity for money," said the environmentally engaged 68-year-old rocker.

"That's what's happening under the current leadership in Canada, which is a very poor imitation of the George Bush administration in the United States and is lagging behind on the world stage. It's an embarrassment to any Canadians."

Young was speaking hours before he took the same stage for a concert Sunday evening, the proceeds of which were to be directed to the Athabasca Chipewyan First Nation Legal Fund. The Athabasca Chipewyan First Nation represents a community living roughly 200 kilometres downstream of current oilsands development. The group is embroiled in a legal battle to protect their traditional territory from further industrialization.

THE CANADIAN PRESS

Put eggs in more than one basket

HOW TO ROLL
Alison Griffiths
metronews.ca

There has never been a better time to be defensive with stock market investments. Record highs of more than 25 per cent gains were reached in the American markets in 2013. Even though Canada and Europe lag, whatever happens to the U.S. in terms of a market decline will definitely affect everyone else.

An asset allocation will protect you by taking the emotion out of investing. You follow the asset allocation, not the fears, hopes and predictions littering the money world.

In 1990, Dr. Harry Markowitz won a Nobel Prize in economics after proving that diversified portfolios (don't put all your eggs in one basket) maximize return while minimizing risk.

In the end, minimizing risk is the single most important investing goal.

An asset allocation apportions your money among cash (GICs, high interest accounts), bonds and equities. The first two are often lumped together and called fixed income.

Cash is a good place to start. Its role is to cope with emergencies inside and outside a portfolio. Those outside the portfolio include unexpected expenses. Let's assume that your 100-per-cent equity portfolio dropped 40 per cent in 2008-09, but you needed to withdraw some funds. Without cash you would have had to sell investments at a huge loss.

Cash inside your portfolio also allows you to tweak your asset allocation during times of stock market emergencies. Say you chose an allocation of 15 per cent cash, 35 per cent bonds and 50 per cent equities. When the markets were slammed in 2008-09, the percentage in equities declined dramatically.

Cash offered the chance to buy more equities and bring the percentage back closer to 50 per cent. Here's where an asset allocation really shines. If 50 per cent equities is your chosen amount, when it drops to, say, 35 per cent you don't fret about whether it's time to buy back into the market. You just do it based on the percentages.

Anyone who used cash to follow a chosen asset allocation during the various market declines over the past 20 years is sitting pretty now.

Every Monday

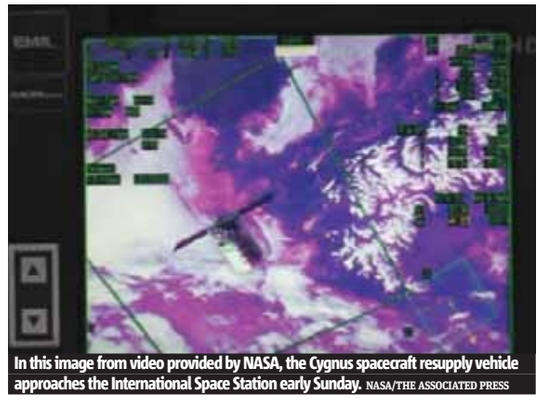
Alison Griffiths is a financial journalist, bestselling author and broadcaster. Her new investing column, How to Roll, will run Mondays in Metro and at metronews.ca.

Neither solar storms nor cold ultimately stops space delivery

Christmas has finally arrived for the six space station astronauts.

A privately launched supply ship arrived at the International Space Station on Sunday morning, three days after blasting off from Virginia. The space station crew used a hefty robot arm to capture the Cygnus capsule as the two crafts zoomed side by side at 17,500 m.p.h.

The Cygnus is carrying 3,000 pounds of equipment and experiments for NASA, including ants for an educational project. Also on board: eagerly awaited Christmas presents from the families of all six spacemen as well as some fresh fruit courtesy of NASA.



In this image from video provided by NASA, the Cygnus spacecraft resupply vehicle approaches the International Space Station early Sunday. NASA/THE ASSOCIATED PRESS

NASA is relying on private industry to keep the orbiting lab well stocked in this post-shuttle era and, in four more years, possibly supply rides for U.S. astronauts as well.

THE ASSOCIATED PRESS

$350,000 hunting permit puts club in crosshairs

A taxidermist does some touch-up painting to an African elephant mount set up for the Dallas Safari Club Convention and Sporting Expo last week. The club came under fire after sponsoring an auction to raise money for conservation efforts where a permit to hunt an endangered African black rhino sold for $350,000 US. Steve Wagner, a spokesman for the Dallas Safari Club, confirmed the sale of the permit for a hunt in the African nation of Namibia. He declined to name the buyer. The Safari Club's executive director, Ben Carter, has defended the auction, saying all money raised will go toward protecting the species. But the auction drew howls from critics, including wildlife and animal rights groups, and the FBI said it was investigating death threats against members of the club.

TOM FOX/THE DALLAS MORNING NEWS/THE ASSOCIATED PRESS

EVER FOREX
Offices in Vancouver, Burnaby, Richmond & Surrey
• Currency Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
USD, EUR, GBP, AUD, NZD, JPY, CNY, THB, TWD, MYR, PHP, SGD, MXN

Debt and winter both suck...
we can help solve one.
A consumer proposal can help you manage monthly payments, keep your assets and even reduce your debt. Bankruptcy is not your only option!
Contact us for a confidential, free, no obligation consultation in-person or over the phone:
(Evening and Saturday appointments available).
310-8888 or visit GTdebt.ca
Grant Thornton | Proposal Administrators & Trustee in Bankruptcy

HOW'S THIS FOR FEEDBACK?

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Today's column is being brought to you by the letter "A" — except in certain schools in Surrey and Maple Ridge, where it's being brought to you by "constructive feedback," whatever that is.

Apologies to Sesame Street, but with the announcement of a pilot program in 30 Surrey schools, which are joining 20 schools in Maple Ridge that have already done away with letter grades, we need to get our educational wisdom from somewhere.

The thinkers at the Surrey School District believe that while letter grades may be a simple way for parents to monitor their kids' progress in school, they prevent a deeper dive into what Aiden or Ashleigh are actually learning.

So if Ashleigh is getting straight As, who cares if she's actually learning anything? The Surrey School District, that's who, entertaining visions of intense parent-teacher dialogue about the true value of her education.

A cynic might point out that straight As are indeed the true value of her education as they lead to good universities, scholarships, med school … need I go on?

Another cynic (no shortage, apparently) might also point out that you can still assign letter grades and have all the deep parent-teacher conversations you want. They get particularly deep when Aiden comes home with an assortment of Ds and Fs.

It's hard to tell if this trend will catch on, or if in 10 or 15 years educators will change their collective minds and chuck "constructive feedback" and restore letter grades. Kind of like new math — which is quickly getting old because Aiden and Ashleigh can't make change.

This is bad because without standard testing and grading, Aiden and Ashleigh can expect only to qualify to work at McJobs where they have to make change all the time. I realize that the computerized till calculates the change instantly, but what happens if there's a power outage?

Back when I was a kid, I had to walk 10 miles to school uphill both ways in a snowstorm while dodging dinosaurs. And had to suffer the indignity of marks, which were even more witheringly precise than letter grades. I once got three out of 100 on a physics test. No amount of "constructive feedback" could be more eloquent than that. Although the teacher gave it a good try: "You should take up golf," he observed. So I did.

Meanwhile, whatever happens in Surrey (and way too much happens in Surrey), the rest of the world is still looking for alpha males and females and expects them to bring their A-game to work or play. Is it really a good idea to mess with this worldwide system, especially because the alternative seems kind of … loose?

With letter grades, at least there's a semblance of objective accountability. But once you get a load of "constructive feedback," isn't the next question, "Well, did Aiden make the grade?"

And when the answer is, "There is no grade," a cynic could reply:

"Well, there is, and you just failed to make it. Unfortunately you took my kid down with you."

ZOOM

Go Canada Go!

JEFF MCINTOSH/THE CANADIAN PRESS

Olympians treated like rock stars

Natalie Spooner, a member of Canada's women's hockey team, high-fives Madison Armet, 13 months old, during a send-off party for Canada's Sochi-bound Olympic athletes in Banff, Alta., Saturday.

Hundreds of fans wished the country's Olympians good luck at the upcoming Games in Russia. **METRO**

Lucky charm

- The Royal Canadian Mint revealed its 2014 lucky loonie at the Banff block party.
- The coin is intended to be a good-luck charm for athletes and will be given to each member of the Canadian team. **METRO**

Steve Podborski, chef de mission for Canada at the 2014 Winter Olympics, inspects the newly unveiled lucky loonie.
JEFF MCINTOSH/THE CANADIAN PRESS

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow its athletes. Go to metronews.ca/gameon for the latest in video, photos, chat and news from the 2014 Winter Games.

Clickbait

LUKE SIMCOE
Metro Online

3D printing has been a tech buzzword for the past few years, and 2013 saw the phenomenon subjected to equal parts hype and hyperbole (3D-printed guns, anyone?). However, based on the offerings on display at this year's Consumer Electronics Show, 2014 may be the year when 3D printers become stable enough, user-friendly enough and cheap enough to make it into the mainstream. Here are just a few of the 3D printers that made waves at this year's CES:

MakerBot Z18:

MakerBot is definitely the company to beat when it comes to commercial 3D printers, and the Z18 is its new flagship. Capable of printing objects 12 inches wide and 18 inches tall, it's one of the largest printers on the market. It will retail for $6,499 US and come with access to MakerBot's digital store, billed as the iTunes of 3D printing.

ChefJet:

Billed as a 3D printer for foodies, the ChefJet can print candy, frosting and sugary garnishes. It comes with its own user-friendly software and retails for an estimated $5,000.

GETTY IMAGES

The da Vinci:

A budget entry by XYZprinting Inc., the da Vinci was one of the most affordable printers at CES. It's expected to ship by mid-March and will sell for a paltry $499.

Twitter

@metropicks asked: Tonight celebs at the Golden Globes will honour the best in Hollywood. Do you think these award ceremonies still matter?

@kmacnaull: Sometimes you need a break from the seriousness of the world and celebrate creativity, laughter & a great dress.

@RealMarcDunn: When fame & fortune aren't enough, only a globular hunk of metal will do. #GoldenGlobes #allwashedup

@SpenceShaun: Timeless Hollywood tradition to honor the hard work of countless individuals. Wouldnt happen if it didnt matter.

@mrscrazycakes: most of the movies don't matter. Why would the awards.

@77_tree: yes, a lot of hard work and dedication is put in bythese actors,its their job and this is a way to acknowledge it

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Stars gather for one last big show before Oscar time

Golden Globes.
Less-polished little sister of awards ceremonies full of off-kilter moments

NED EHRBAR
Metro World News in Hollywood

The stars of film and television packed the Beverly Hilton ballroom Sunday for the 71st Annual Golden Globe Awards. With the Academy Awards nominations just days away, the results from the Globes are expected to be a bigger factor than usual in this year's Oscar race.

While 12 Years a Slave lost out in its acting and directing categories, it won where it really counts, earning the Golden Globe for best drama and edging it ahead of main rival Gravity in the Oscar best picture race.

Amy Adams and Jennifer Lawrence certainly upped the chances for American Hustle, taking home best actress in a motion picture comedy and best supporting actress in a motion picture, respectively for David O. Russell's 1970s caper.

Leonardo DiCaprio earned his second career Golden Globe, taking home best actor in a comedy for the Wolf of Wall Street, making sure to poke fun at it being in the comedy category during his speech.

Matthew McConaughey and Cate Blanchett cemented their Oscar front-runner statuses with wins for Dallas Buyers Club and Blue Jasmine, respectively.

Jennifer Lawrence and her Golden Globe for her role in American Hustle.
ALL PHOTOS JASON MERRITT/GETTY IMAGES

Amy Poehler and Tina Fey returned for a second year of hosting duties. Poehler also won best actress in a TV comedy for Parks and Recreation.

McConaughey's co-star, Jared Leto, also a favorite for an Oscar nomination and win, earned the best supporting actor in a drama award for his transformative role in Dallas Buyers Club, while Alfonso Cuaron earned a Globe for his visionary directing in Gravity.

In the TV categories, HBO's Liberace biopic, Behind the Candelabra, continued the awards dominance it started at the Emmys in September with wins for the film itself and star Michael Douglas, while Breaking Bad enjoyed a post-series finale victory lap, nabbing Globes for the series itself and for star Bryan Cranston.

Netflix's House of Cards earned its first Golden Globe, going to Best Actress in a TV Drama winner Robin Wright.

Jacqueline Bisset, who won for her supporting work in the TV miniseries Dancing on the Edge provided the first awkward moment of the night with a pause-filled acceptance speech during which she worked in a profanity and advice from her mother: "Go to hell, and don't come back."

But that was just the beginning in a night full of off-kilter moments. Best song winner Alex Ebert started off his speech by recounting a party encounter with presenter Sean Combs.

Top of the Lake star Elisabeth Moss opened her best actress in a miniseries or TV drama speech with a simple, overwhelmed expletive, and best screenplay winner Spike Jonze, startled by music swelling up to play him off, countered with "Hey wait, I just got started."

The Best of Tina and Amy:

Three of their best quips:

- "[Gravity is] the story of how George Clooney would rather float away into space and die than spend one more minute with a woman his own age."
- "For his role in Dallas Buyers Club, [Matthew McConaughey] lost 45 pounds. Or what actresses call being in a film."
- "We're going to get this show done in three hours, or as Martin Scorsese calls it, Act One."

Bryan Cranston wins best actor in a TV series drama for Breaking Bad.

Online

For more red carpet looks and complete Golden Globes results, visit metronews.ca.

LOSE 1" TO 3" OR MORE FAST!
TURBO CHARGE YOUR NEW YEAR'S RESOLUTION AND FEEL SEXY IN YOUR OWN SKIN FOR 2014

- **Discover non-invasive Lipolaser & EMS (Electro Muscle Stimulation).**
- Lipo Laser safely melts away FAT and CELLULITE from your waistline, legs, buttocks & love handles.
- **One 18 minute EMS Core session is equivalent to 200 - 500 perfectly formed sit ups.**
- EMS can also help Build, Tighten and Tone any major muscle groups.
- **Special introductory session only $125. Get results Fast!**

3335 West 4th Ave., in Kits • 604 904 0888
www.vancouverlipolaser.com

Ebooks

Device 6

By. Jonas Tarestad & Simon Flesser

iPad/iPhone

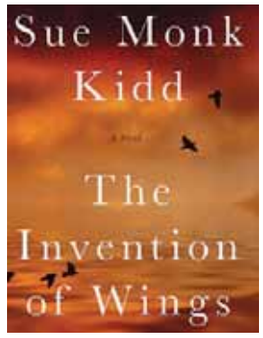
MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This brilliant puzzle book moves with its character, Anna. When she takes a turn, its pages rotate to match. As she passes a window, the illustrations change their view. Voices and music get louder as she approaches, completing an effect that is captivating and bewitching. In a spy-world Wonderland of hidden codes and secret switches, Anna needs your wits to survive.

Revisiting racism and flying high

Q&A. The Invention of Wings author, Sue Monk Kidd, tells Metro about the work that went into her latest hit

EMILY LAURENCE
Metro World News



It hasn't been out long at all and already Sue Monk Kidd's new book, The Invention of Wings, has landed itself on every "best" list (including ours) and been lauded by Oprah. The Secret Life of Bees author did it again. Alternating chapters between Sarah Grimke, a reluctant slave owner and her slave Hetty, The Invention of Wings captures the complexity of black-white friendships during the 1800s. Eavesdrop on our conversation with Kidd about the real-life Sarah Grimke and what Kidd found most disturbing about American slavery.

I didn't know until I read the author's note that Sarah and her sister were real women. What was it like discovering their stories and the fact that they've been overlooked historically?
It was definitely a surprise, especially since they lived in Charleston, where I was living at the time. I think they fell down a big crack in history and honestly, I imagine a lot of women fell in that crack.

When you were doing your research, did you come across any other women whose stories you were tempted to tell?
I'm sure there are so many, but I really focused on Sarah and Angelina immediately when I discovered they were some of the earliest females that were pioneers for women's rights. I knew I wanted to tell the story of an enslaved woman and her owner. That was the only strong feeling I had about the characters, and luckily I was able to find this character both in history and in my imagination.

Sue Monk Kidd is famous for penning The Secret Life of Bees. ROLAND SCARPA

What made you write about Sarah as opposed to Angelina?
I initially thought I would write about Angelina too, but it became unbalanced with too many voices, so then I had to choose. I pretty much knew all along that it would be Sarah. For some reason, I gravitated toward her story; probably because she struggled so much to find her voice, which I can relate to, especially as a writer.

It doesn't sound like it was a good time to be a woman — black or white.
Exactly. That's one of the things I want people to take away from the book; how far we've come and how some of the greatest movements of the 20th century grew out of extraordinary movements in the 19th century.

There's so much historical detail in the book about the way urban slaves were treated. Was there anything you found especially upsetting when you were doing your research?
Everything I discovered was upsetting. There is a certain familiarity we think we have about slavery, but sometimes familiarity creates distance between us and the subject, which is not a good thing. It needs to be disturbing. I collected an enormous number of books about American slavery and also travelled to look at historical documents. A great deal of my research was in Charleston. The most disturbing thing I discovered was the work house. There were these houses (where slave owners) could pay to have their slaves worked, abused and controlled.

You could WIN a screening pass to see

I, FRANKENSTEIN
In theatres January 24

Visit clubmetro.com to enter

VISIT clubmetro.com TO ENTER
eone entertainmentone

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Above, Blake as a happy 7 year-old.
Now you know where homeless adults can come from.

(Blake, currently homeless)

HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISINGTHEROOF.ORG TO HELP.
RAISING THE ROOF

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Styles won't be keeping up with the Kardashians

STARGAZING
Malene Arpe
scene@metronews.ca

Harry Styles, who is dating Kendall Jenner, has reportedly made it clear he will not appear on Keeping up with the Kardashians. "You're such a precious little thing," said Kris Jenner. "But I got Kanye West on the show. I think I can deal with you."

This past Monday was what is considered the most depressing day of the year. That is clearly nonsense, as Monday is when I heard that in the Wachowskis' Jupiter Ascending, Channing Tatum will play a half-wolf, half-human albino warrior. #sosohappy.

Billy Ray Cyrus is doing a hip hop remix of Achy Breaky Heart. As long as he isn't doing a Baroque remix of his mullet.

Hilary Duff and Mike Comrie. ALL PHOTOS GETTY IMAGES

No fairy-tale ending for Duff and Comrie

Ah, weekends. The perfect time to relax, sleep in, and grab brunch. Or if you're a celebrity, get married or divorced. So here are this past weekend's notable unions and dissolutions. First up is Hilary Duff and ex-NHL star Mike Comrie, who announced in a statement over the weekend that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to toddler Luca, of whom they'll have joint custody.

Meanwhile, Pamela Anderson and pop culture footnote Rick Salomon (remember him? He's the guy who made Paris Hilton famous when he starred as the other half in that sex tape) announced their marriage over the weekend. "We're very happy," Pamela disclosed to E!. "Our families are very happy and that's all that matters." It's the second marriage for the couple — to each other. They were briefly tabloid fodder in 2007 when they were married for 10 weeks. **DOROTHY ROBINSON/METRO WORLD NEWS**

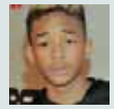
Bynes a no-show at fashion school

Amanda Bynes is going back to school — or at least, it seems she was planning to. The troubled former child star reportedly enrolled for classes that began last week at the Orange County campus of the Fashion Institute of Design and Merchandising, though she was apparently a no-show on the first day, according to E! News. Bynes had made it clear via her lawyer that once she was out of treatment at a psychiatric facility she wanted to pursue a career in fashion.

Amanda Bynes

Twitter

@ABFalecbaldwin
Abuse of political power is unforgivable.



@officialjaden
I'm Slowly Realizing I Need To Make A Trip Out To Norway

@Joan_Rivers
Heading back to NYC from L.A. Everything is so fake and plastic in L.A. — you'd think I'd fit right in, but I'm excited to be going home!

MUSIC THERAPY TRANSFORMS LIVES.

For people living with Alzheimer's disease and dementia, music therapy provides a connection to loved ones, to memories, to life.

To find out how you can help visit musictherapytrust.ca

CANADIAN MUSIC THERAPY TRUST FUND

LIFE 3

Push them out of the plane and stand back

Exclusively online

Be sure to read the latest from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Skydive Plane Parent. We've heard of helicopter parenting, but Metro's columnist has a new approach — allowing your kids to be (gasp) independent

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Don't baby them, they can handle making a sandwich and salad for lunch. ISTOCK

While watching a news segment on "Helicopter Parents," my daughter turned to me and said, "You're not a Helicopter Parent," which was not news to me. She continued, "You're more like a 'Skydive Plane Parent.' You push us out and don't look back." She paused and added, "You sometimes give us a parachute."

I am not sure if she meant this as a compliment or a complaint but I took it as the former.

Yes, I confess, I make my kids go to school when it's cold, but I don't think making your children go to school on a school day when it's safe to do so is pushing them out of a plane or otherwise. In fact, it is pretty much what we in the work world merely call "meeting expectations."

But maybe I'm harsh. I've also been known to let my son (then eight) start a dog walking business where he had to (gasp) walk the dogs on his own around our quiet neighbourhood. This resulted in calls from concerned parents that he was on his own (of course to which my response was, "I hope he had a dog with him or he's fired").

At age nine I let him ride his bike to school, by himself, crossing a busy intersection.

My 11- and 14-year-olds routinely get themselves breakfast, make their lunch and get out to the bus or walk to school when both my husband and I have to leave the house hours before they do.

They've been going to public washrooms by themselves since they could figure out the "M" versus "W" signs on the doors.

When my 14-year-old informed me I had to miss going out to a long-planned evening event because she needed me to help her study, as she had procrastinated, I answered with, "Are you new here?"

I had a good time at the event, thanks for asking.

I'm not always that mean. My 19-year-old son had his wallet and phone stolen in New Zealand, and I did help him. I cancelled the phone and his credit card.

Do these actions make me a "Skydive Plane Parent"? OK then. I push them, they keep coming back. Replace that umbilical cord with a rip cord. Give them the chance to exceed your expectations. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: A 8-STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS**

Take the JANUARY JAVA CHALLENGE
Discover all of our coffee varieties.

Mild, medium, dark, and flavoured. Ground and brewed fresh. Every pot. Every time. At Second Cup, we don't settle for just any kind of coffee. Discover it for yourself when you take the January Java Challenge. Every second cup is on us!

Visit your local Second Cup and ask for the Java of the Day.

There's a little love in every cup.®

SECOND CUP ®/MD

This offer is only available upon display of an authentic, original "JAVA CHALLENGE CARD" duly validated by a Second Cup barista. Purchases of coffee bought in conjunction with this offer must be marked on the card by a Second Cup barista at the time of purchase. With each medium size brewed coffee purchased, the card holder is entitled to one medium size brewed coffee free at no charge. Offer limited to a total of 15 free medium size brewed coffees per person per card. Valid only at participating Second Cup cafés. Offer ends February 10, 2014. Card has no cash value and is not valid with any other offer. Second Cup reserves the right to terminate this offer at any time. ® Trademark of The Second Cup Ltd.

More than just a pretty face: Spinach salad with squash, almonds and more

This recipe serves six and contains 320 calories per serving. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

You'll be surprised to find the abundance of nutrients that exist in this delicious and attractive salad.

The spinach, butternut squash and pomegranate seeds give you a trio of daily required vitamins and minerals. Spinach contains antioxidants that can fight cataracts, heart disease and certain cancers. Butternut squash is an excellent source of vitamin A, which gives you better skin and better eyesight. Pomegranates are known to help combat prostate cancer and Type 2 diabetes.

To access the seeds from a pomegranate, slice horizontally and, over a bowl, tap the skin-covered half with a wooden spoon until the seeds release.

The candied toasted almonds give you a special treat when you bite into this salad and they are so easy to achieve. You can prepare these nuts in advance and keep them stored in any airtight container.

This salad explodes with flavour and super foods but you can add some grilled protein, such as chicken, fish or meat, to make it a complete meal. If meat isn't your thing, you can add one cup of cooked grains such as quinoa or brown rice.

Directions

1. Preheat oven to 375 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. Almonds: rinse with cold water. Drain but do not let dry. Place them in a bowl and add the 3 tbsp of brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on one prepared baking sheet.

3. Meanwhile, mix squash cubes with 1 tbsp brown sugar and 2 tbsp maple syrup and place on other baking sheet. Bake nuts 8 minutes just until nuts begin to brown. Remove and let cool. Then chop. Bake squash for 20 minutes or just until tender. Cool slightly.

4. Salad: place the spinach, pomegranate seeds and squash in a large serving bowl.

5. To make the dressing whisk together the garlic, mustard, cider vinegar, 2 1/2 tbsp maple syrup, olive oil, lemon juice and salt and pepper in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Almonds
- 1/3 cup whole almonds
- 3 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad
- 12 oz butternut squash, cut into 1-inch cubes
- 1 tbsp brown sugar
- 2 tbsp maple syrup
- 8 cups baby spinach
- 1/2 cup pomegranate seeds

Maple Dressing
- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

Max out your TFSA contribution, not your credit card.

Get a $25 Bonus* when you become a new ING DIRECT Client and open a TFSA. Plus get a special **2.50% interest rate**** on balances until April 30, 2014.

ingdirect.ca

ING DIRECT forward banking™

ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ forward banking is a trademark of ING Bank of Canada. *Offer valid from January 1, 2014 to March 31, 2014 for New Clients joining ING DIRECT with TFSA as First Product. Client must activate their TFSA Account and deposit their minimum initial deposit of $100 within 30 days of enrolment. Limit of one Bonus per person. May not be combined with any other offer. ING DIRECT will open a companion Investment Savings Account and deposit the Bonus there within 30 days of funding. ** Registered rate of 2.50% is available between January 1, 2014 and April 30, 2014 on all net new deposits made between January 1, 2014 and March 31, 2014 to qualifying Tax-Free Investment Savings Account (TFSA). Interest is calculated daily and paid monthly. Rates, like the weather, are subject to change. For full details visit **ingdirect.ca/maxout**.

Feeling a little loonie? You've got Gail!

All hail Gail. Canada's reigning queen of cash Gail Vaz-Oxlade imparts some serious cents to today's students

Canadians have come to know Gail Vaz-Oxlade as the no-nonsense provider of penny pinching wisdom on TV shows Til Debt Do Us Part, Princess and most recently, Money Moron. The Jamaica-born mother of two has written a library of books on the topic of bad spending, and she's now focusing her attention on today's cash-confused post-secondary students and their parents. In this excerpt from her new book, Saving for School, Vaz-Oxlade uses hypothetical students Sonny and Darling to explain how they and their parents can best handle a lump sum of moola, the likes of which could come from a scholarship, a bursary or a summer spent saving.

Here are the steps to help Darling and Sonny make a plan for how they'll use their lump-sum money.

Step 1
List all the money they'll have from summer employment, scholarships, bursaries, RESPs (the annual lump sum they'll withdraw), gifts from relatives and loans, along with any other money they can scrounge.

Step 2
List the money they know they'll need to cover tuition, books and supplies, travelling to school at the beginning of the year and home again at the end (along with all the trips home in between), first and last months' rent or residence expenses, and the first grocery shop or student food plan.

Step 3
Figure out an amount to set aside for emergencies. *Do not skip this step.* Emergencies happen. That's a part of life. Being financially prepared for them means Darling and Sonny will have options in terms of how they deal with those balls from left field. Being unprepared is immature and short-sighted. I recommend at least $500. Make sure you talk about what constitutes an emergency; not everything is worthy of emergency status, no matter how dramatic Sonny or Darling may be.

An emergency is something that threatens your health or ability to continue at school, such as:

• A laptop that suddenly dies (even if it's because someone poured beer over the keyboard ... yes, it really happened to the daughter of a friend of mine).

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

More bang for your buck?

- Readers can visit metronews.ca to find more content from this excerpt, including advice on how to work out a plan for spending school money in the best possible way.
- Gail's Student Lump-Sum Money Worksheet will also be available for download.

• A power outage that causes all the food in the fridge to rot (again, yes, it really happened to Alex in her second year at school, when she was living off campus and a tree fell on the power lines).

• A trip home to deal with a sick relative, the death of a family member or friend, or another unexpected family event.

Who is in charge of the emergency money? Darling and Sonny need to take responsibility for managing it. You do want them to act like grown-ups, right? Then you must treat them as such. That means if they blow all their "emergency" money on beer and then their laptop dies, you keep your hands out of your pockets.

Step 4
Subtract what needs to be spent from the lump-sum amount and divide the remainder by the number of months at school to give you the amount that will cover monthly expenses. If Darling and Sonny are in a traditional program that lasts eight months of the year (leaving them with four months to work and make money for the next year), they'll have to figure out their budget for eight months. So take whatever is left after the lump-sum calculation and divide it by eight. Some people do school all year round, in which case you'd have to stretch that money over 12 months.

If there's no money left after the lump-sum exercise, work will be a must. There are all sorts of ways for kids to make money or reduce their expenses. Both my editor, Kate, and Alex's BFF, Callie, were residence dons, which meant their room and board were covered.

Kids shelve books at libraries, serve coffee and make sandwiches, or work retail. There are some programs that are so intensive that a part-time job isn't an option, in which case maybe Momsie and Pops will pony up with some money to help on a monthly basis.

If there is money left, dividing it up sensibly is the only way to make it last. Regardless, you need to have some sense of where that money is going to go each month.

EXCERPT FROM SAVING FOR SCHOOL BY GAIL VAZ-OXLADE. © 2013 BY GAIL VAZ-OXLADE. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.

Gov't Funded Job Search Class

ISS of BC Job Options 5 week job search class with possible short term training.

Info sessions January 9th and 15th
Room # 501 - 333 Terminal Avenue

Call for more information:
604-684-2123
www.issbc.org/joboptions

UBC Continuing Studies

Become a Network Systems and Security Professional

Prepare for a career in IT with this comprehensive UBC certificate program.

The nine-month, full-time UBC Certificate in Network Systems and Security Professional provides you with in-demand skills, knowledge and industry certifications. Technical courses are combined with key professional skills and an integrated project; a two-month practicum completes the program. **Program starts in February** at UBC Robson Square. Student funding available.

Free Information Session
Thursday, January 16, 5:30-6:30pm
UBC Robson Square, 800 Robson Street, Room C.600.
Register online for your seat.

cstudies.ubc.ca/nssp
604.822.1420

a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

CAREER FINDER

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.

FLIGHT CENTRE®
The Airfare Experts

Want to leave your mark on the travel industry?

You're eager to get your hands on a new opportunity. You want a career that brings out your best and offers great incentives and big rewards. Of course you love to travel and believe you have the edge and experience when it comes to sales.

Apply online today!

flightcentre.ca/careers

2014 Best Employers in Canada

WHL

Giants fall to Winterhawks

The Vancouver Giants fell 5-4 in the shootout to the visiting Portland Winterhawks at the Pacific Coliseum on Sunday.

The Giants did earn the single point, which gave them three of a possible four over the weekend.

The Giants don't play again until Friday, when they're on the road in Kamloops to play the Blazers. METRO

NLL

Stealth opener a roaring success

The Vancouver Stealth picked up the win in front of a boisterous crowd Saturday, and it was veteran sniper Rhys Duch who ignited the fans as the National Lacrosse League returned to B.C.

Duch scored twice and had an assist as the Stealth defeated the Minnesota Swarm 8-5 in the first regular-season NLL game in B.C. since 2004.

The Stealth moved to Langley from Everett, Wash., during the off-season.

Duch scored the first two goals Saturday.

The Langley fans came out to show their appreciation for their new club, which has made three of the past four NLL finals. When doors opened an hour before game time, the line-up snaked around the Langley Events Centre, which can seat about 5,200.

"We were in Colorado last weekend and there really wasn't much difference," said the Stealth's Tyler Richards. "Twelve-thousand there and 6,000 here. You can hear it in my voice — I have nothing left because I had to scream over it."

The Stealth averaged 4,184 during their final season in Everett.

THE CANADIAN PRESS

Luongo, Canucks travel to California

NHL. It's unknown when Vancouver's No. 1 goalie will return to the crease after battling groin, ankle injuries

CAM TUCKER
cam.tucker@metronews.ca

The most controversial aspect of Vancouver's goalie situation these days is who, between Roberto Luongo and Eddie Lack, has the better sense of humour.

The always-fascinating world of Twitter has given us insight into each of their comedic styles, so we'll leave that to the people to decide.

On the ice, the crease this season belongs to the 34-year-old Luongo.

But Lack has emerged and continued to prove to be a capable back-up, especially during the past few weeks, with Luongo sidelined first with a groin ailment and then an ankle injury.

Since Luongo suffered the groin injury on Dec. 22, the club's last game before the holiday break, Lack has started six of the last seven games. Despite a recently snapped five-game losing streak, Lack's record stands at 8-3-3.

Luongo took part in a full practice on Sunday and confirmed that he will travel with the team on the upcoming road trip to California, which begins Monday against the L.A. Kings.

The Canucks will carry three goalies — including AHL call-up Joacim Eriksson — on the southern trip.

It's unknown when or if Luongo will start in any one of the next three games, even with back-to-back games in Anaheim on Wednesday and Phoenix on Thursday.

Roberto Luongo has been out with an ankle injury since a Jan. 4 game in Los Angeles. HARRY HOW/GETTY IMAGES

Injured blue-liner

Edler's head definitely in the game

Canucks defenceman Alex Edler, out since Dec. 3 with a knee injury, will also travel to California with the team.

Edler took part in practice Sunday, with Yannick Weber and Frank Corrado rotating in and out on the right side.

According to John Tortorella, Edler — along with Roberto Luongo — is getting better but is still "day-to-day."

Whether it happens on this trip or not, Edler's return to the lineup appears inevitable.

"Mentally, I'm ready," said Edler.

If he were to start Monday in L.A., it would be nine days since his ankle was injured in a collision with Kings captain Dustin Brown. The Canucks lost that game but Luongo was exceptional in defeat, making 46 saves.

"This is my first practice so, obviously there has to be a progression there," said Luongo, named to Canada's Olympic men's hockey team last week.

Luongo wouldn't bite when asked about what Brown's intentions may have been.

"It's tough to say. It's a quick game out there, things happen fast," he said.

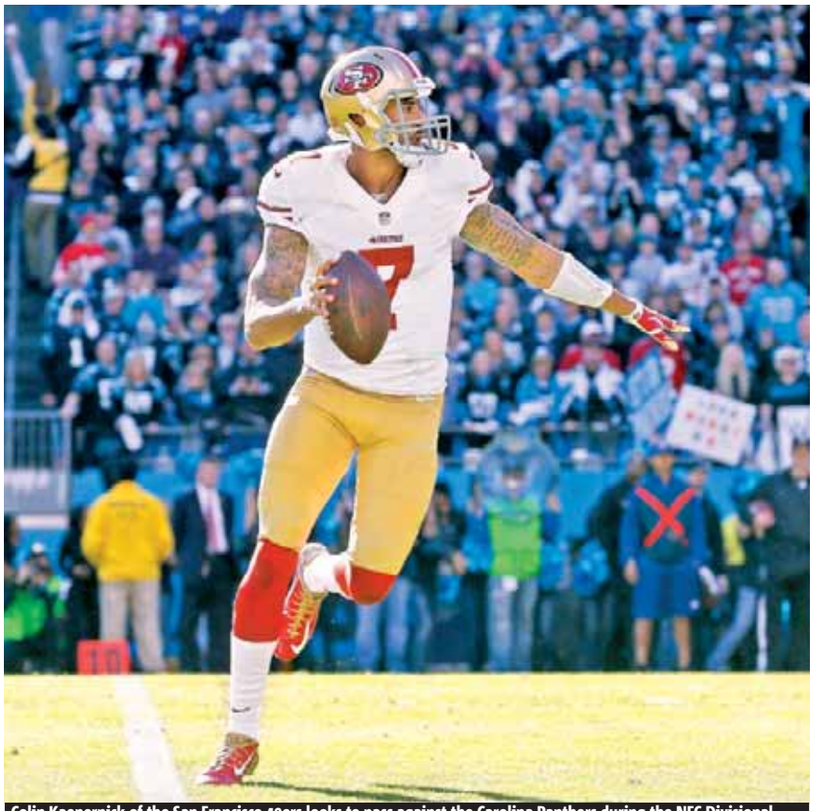
"He's the only one that knows really what happened."

A regulation win for the Canucks on Monday, and they'll be tied with the Kings in points with 59 for third spot in the division.

4 SPORTS

Canadian Health Care Academy
• PN and Access to PN begin January 20, 2014
• Health Care Assistant will start on February 3, 2014
• Nursing Unit Clerk will start on February 17, 2014
• Join our PN or Access to PN Program and receive a $2,500 discount on tuition and a free iPad
• All Practical Nursing pre-requisites are FREE (some conditions apply)
LOWEST TUITION FEE
New West 604-540-2421 Surrey 604-589-2422 • info@chcabc.com
Weekly open house Wednesdays 4-6pm • www.chcabc.com

Kaepernick shows Carolina what they missed out on in '11



Colin Kaepernick of the San Francisco 49ers looks to pass against the Carolina Panthers during the NFC Divisional Playoff Game on Sunday in Charlotte, N.C. RONALD MARTINEZ/GETTY IMAGES

NFL playoffs. Niners take down Panthers on the road to clinch showdown in Seattle

Colin Kaepernick raced into the end zone, then pretended to rip open his shirt with both hands imitating Cam Newton's Superman touchdown celebration.

Three years of frustration had come to a head.

"Just a little shout-out," Kaepernick said.

To whom?

"I think you know the answer," Kaepernick said with a grin.

Kaepernick said he "will never forget" that he was selected in the second round of the 2011 NFL draft, 35 spots behind Newton, the Heisman Trophy winner and the top pick that season.

On Sunday, he outplayed his quarterback counterpart, throwing one touchdown pass and running for another score as the San Francisco 49ers defeated the Carolina Panthers 23-10 to advance to the NFC title game for the third straight season.

Kaepernick completed 15 of 28 passes for 196 yards in the divisional playoff win, avenging his worst statistical performance of the season two months ago against the Panthers.

Anquan Boldin had eight catches for 136 yards and Frank Gore ran for 84 yards on 17 carries for the 49ers (14-4), who will visit Seattle next Sunday looking for a return trip to the Super Bowl.

"I think we're the two teams that everybody was looking at from the beginning," Kaepernick said.

THE ASSOCIATED PRESS

NFC championship

The Seattle Seahawks and 49ers, NFC West rivals, will clash next Sunday, with the winner moving on to the 2014 Super Bowl.

- Seahawks wide receiver Doug Baldwin Jr. added to the highly anticipated showdown via Twitter on Sunday, shortly after the 49ers punched their ticket to the NFC championship.
- Baldwin Jr. tweeted from the account @DougBaldwinJr: "Wouldn't want it any other way..." METRO

NFL playoffs. Manning sets up rematch with Pats

Peyton Manning welcomed Wes Welker back into the lineup with a touchdown toss and the Denver Broncos narrowly avoided a repeat of their playoff slip from last year, advancing to the AFC championship game with a 24-17 win over the San Diego Chargers on Sunday.

The Broncos (14-3) controlled the game for three-and-a-half quarters before Philip Rivers capitalized on an injury to cornerback Chris Harris Jr. to stage a comeback reminiscent of Baltimore's shocking win at Denver exactly a year earlier.

They'll host the New England Patriots (13-4) on Sunday. Get ready for Brady vs. Manning once more.

THE ASSOCIATED PRESS

NEED MONEY?
✓No credit checks
✓Fast approvals
call 1-866-499-5629
And get cash now!!
www.mynextpay.ca

NHL

Maurice replaces Noel as Jets coach

Claude Noel is out as coach of the Winnipeg Jets, replaced by Paul Maurice.

Noel was fired amid a five-game losing streak that dropped the Jets to 19-23-5 and 10 points back of a playoff spot.

Noel, hired after the Atlanta Thrashers moved to Winnipeg before the 2011-12 season, went 80-79-18 during his tenure with the Jets. THE CANADIAN PRESS

NBA

Grizzlies devour Hawks in Atlanta

Mike Conley had 21 points and 13 assists and Zach Randolph added 18 points and 12 rebounds to lead the Memphis Grizzlies to a 108-101 victory over the Atlanta Hawks on Sunday night.

Paul Millsap scored 21 points to lead the Hawks, who had won two straight. It was only the Hawks' third loss to the Grizzlies in the past 15 games.

Memphis pulled away in the fourth behind Conley, who tied a career best with 31 points on Friday.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	45	27	14	4	132	109	58
Montreal	46	26	15	5	117	107	57
Detroit	46	20	16	10	118	127	50
Toronto	47	22	20	5	128	143	49
Ottawa	46	20	18	8	131	146	48
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
NY Rangers	47	24	20	3	118	124	51
Philadelphia	46	23	19	4	121	129	50
New Jersey	47	19	18	10	108	117	48
Carolina	45	19	17	9	111	128	47
Columbus	45	21	20	4	126	129	46
NY Islanders	47	18	22	7	130	152	43

Sunday's results
Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2
Toronto 3 New Jersey 2 (SO)
Chicago 5 Edmonton 3
NY Rangers 4 Philadelphia 1
Minnesota 4 Nashville 0
Anaheim 1 Detroit 0
Saturday's results
Tampa Bay 6 Philadelphia 3
Montreal 2 Chicago 1 (OT)
Ottawa 2 Nashville 1 (SO)
Columbus 6 Winnipeg 3
New Jersey 2 Florida 1 (OT)
Colorado 4 Minnesota 2
Anaheim 5 Phoenix 3
Pittsburgh 2 Calgary 1
Detroit 3 Los Angeles 1
Boston 1 San Jose 0
Friday's results
NY Rangers 3 Dallas 2
Washington 3 Toronto 2
Columbus 3 Carolina 0
NY Islanders 2 Colorado 1 (OT)
Edmonton 4 Pittsburgh 3 (OT)
Vancouver 2 St. Louis 1
Monday's games — All Times Eastern
Calgary at Carolina, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Phoenix at Winnipeg, 8 p.m.
Vancouver at Los Angeles, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	48	30	8	10	175	132	70
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	48	25	18	5	118	119	55
Dallas	45	20	18	7	127	139	47
Nashville	47	19	21	7	109	141	45
Winnipeg	47	19	23	5	128	145	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	48	35	8	5	161	119	75
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	44	21	14	9	133	136	51
Calgary	45	15	24	6	101	144	36
Edmonton	48	15	28	5	126	169	35

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Kunitz, Pgh	24	25	49
Sharp, Chi	25	23	48

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results
San Francisco 23 Carolina 10
Denver 24 San Diego 17
Saturday's results
Seattle 23 New Orleans 15
New England 43 Indianpolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19
New England vs. Denver
San Francisco at Seattle

SUPER BOWL

Sunday, Feb. 2
At East Rutherford, N.J.
AFC champion vs. NFC

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2½
Atlanta	20	18	.526	10
d-Toronto	18	17	.514	10½
Chicago	17	18	.486	11½
Washington	16	19	.457	12½
Detroit	16	22	.421	14
Brooklyn	15	22	.405	14½
Charlotte	15	23	.395	15
New York	14	22	.389	15
Cleveland	13	24	.351	16½
Boston	13	25	.342	17
Philadelphia	12	25	.324	17½
Orlando	10	27	.270	19½
Milwaukee	7	29	.194	22

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	8	.784	—
d-Portland	28	9	.757	1
Oklahoma City	28	9	.757	1
d-L.A. Clippers	26	13	.667	4
Golden State	25	14	.641	5
Houston	24	14	.632	5½
Phoenix	21	15	.583	7½
Dallas	22	16	.579	7½
Denver	19	17	.528	9½
Minnesota	18	19	.486	11
Memphis	17	19	.472	11½
New Orleans	15	21	.417	13½
L.A. Lakers	14	23	.378	15
Sacramento	13	22	.371	15
Utah	12	26	.316	17½

d - division leaders
Sunday's results
Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101
San Antonio 104 Minnesota 86
Saturday, January 11
Houston 114 Washington 107
Toronto 96 Brooklyn 80
Detroit 110 Phoenix 108
New York 102 Philadelphia 92
Oklahoma City 101 Milwaukee 85
Chicago 103 Charlotte 97
Dallas 110 New Orleans 107
Denver 120 Orlando 94
Portland 112 Boston 104
Monday's games — All Times Eastern
Milwaukee at Toronto, 7 p.m.
Houston at Boston, 7:30 p.m.
Phoenix at New York, 7:30 p.m.
Washington at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.
Orlando at Dallas, 8:30 p.m.
Denver at Utah, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
No matter how many times you have fallen short in the past you will succeed this week so make the most of it – show the world what a star you really are.

♉ Taurus
April 21 - May 21
Don't listen to those who counsel caution. The only reason they don't want you to do anything adventurous is because they are worried it will make them look bad.

♊ Gemini
May 22 - June 21
Your values will change in important ways over the next few days, especially in how you look at money. What you need to learn is that it's not what you earn that counts but what you do with what you've got.

♋ Cancer
June 22 - July 23
Even if you disagree with someone on a point of principle you can still work together, so stay on good terms and seek a compromise solution.

♌ Leo
July 24 - Aug. 23
You may know what you are after but you still need help in getting it. If you don't ask for assistance today you may find yourself being left behind on the work front.

♍ Virgo
Aug. 24 - Sept. 23
The Sun is on your side and your confidence is high, so do something special over the next few days. By this time next week it won't be so easy to stand out, so give it your all, creatively and romantically, while you can.

♎ Libra
Sept. 24 - Oct. 23
You may feel sorry for someone whose luck appears to have deserted them but you are still advised to keep your distance and not get personally involved.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be more open towards strangers than usual and that's good because someone you meet over the next few days could become not just a friend but also a business partner.

♐ Sagittarius
Nov. 23 - Dec. 21
Something will happen over the next 24 hours that makes you feel a lot better about your long-term prospects. It will also make you realize that wealth is as much a state of mind as anything else.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun remains in your birth sign only until the 20th, so you have a week to make things happen. You can still make things happen after that date but there will be more obstacles for you to overcome.

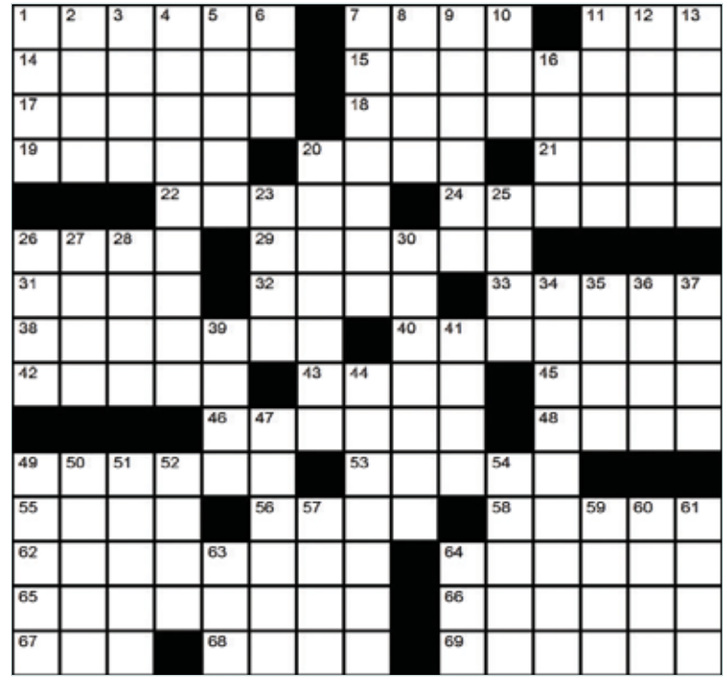
♒ Aquarius
Jan. 21 - Feb. 19
You will take the chance to help someone in need and won't think twice about it. However, make clear that you expect them to look after themselves after that.

♓ Pisces
Feb. 20 - March 20
You will leave your task to the last minute today – and because you have to act fast and without thinking will most likely make a good job of it. Living on the edge is OK but not all the time. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

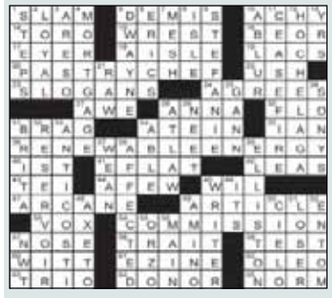
BY KELLY ANN BUCHANAN



Across
1. Jewellery fasteners
7. Rapini, aka Broccoli __
11. Caesar's 1002
14. Hilo's home
15. They lay in northeast Alberta: 2 wds.
17. Wired to the web
18. Drew and Jonathan Scott, The Property __
19. "It __ Me" by Shaggy feat. Rikrok
20. MGM co-founder, Marcus __
21. Francoise's friend
22. Baseball: Up __ __
24. Lowest
26. "The Exorcist" (1973) actor, __ _. Cobb
29. Ms. Bronte's
31. "Pay __ __ mind."
32. Pet shelter org.
33. __ d'art
38. Advocate: 2 wds.
40. Castle towers
42. Tuscan city
43. Chemical suffixes
45. Mr. Estrada
46. Silk-like fabrics
48. Partners for Tacs (Mint candies)
49. Those using the '+ sign'
53. Music: Sister duo from Australia
55. Tide type
56. After mil. combat affliction
58. "Monster-__-__" (2005)
62. Ottawa-__, Canada's Capital Region
64. '80s series, "Remington __"
65. MuchMusic's legendary "__ Circus"
66. Breadwinner
67. Business name abbr.
68. Diner side order
69. Region of France

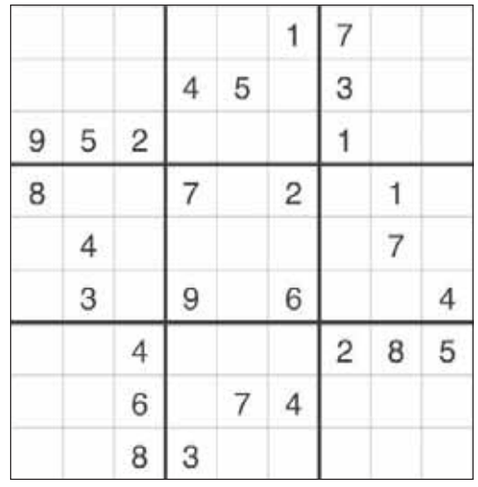
Down
1. Purina Cat __
2. Ms. Turner
3. Cobbler's tools
4. New Brunswick city: 2 wds.
5. Patched-coat horse
6. "Sprechen __ Deutsch?"
7. "I wanna be reprogrammed." goes this Hannah Georgas tune
8. 'Million' suffix
9. Move, as tumbleweed: 2 wds.
10. Cheers __. 1895
11. Boeotian Muse of memory
12. "Mandela: Long Walk to Freedom" (2013) star Mr. Elba
13. "The table __ __!" (Suppertime exclamation)
16. Gotchas!
20. Eel variety
23. Kiss, in Madrid
25. Biblical instrument
26. Gloss-placing spots
27. Dainty case
28. 'Susp' suffix
30. Grew less light in the day
34. Some denizens of Nova Scotia, Cape __
35. Ms. Ryan of "Star Trek: Voyager"
36. 'Synth' suffix
37. Disapproves
39. Hilary of "Love It or List It"
41. Known-by-letters land
44. 1668: Ship in the Hudson's Bay Company's history
47. Kansas motto: 'Ad astra per __' (To the stars through difficulties)
49. Winged figure
50. Gave out
51. Courted
52. Heroic
54. Winnipeg area, St. __
57. Cocktails, Mai __
59. Ms. Horne
60. Novelist Mr. Waugh
61. Are, in the past
63. Utmost degree
64. Baltic, for one

Friday's Crossword



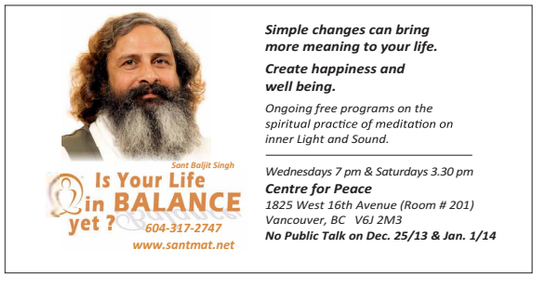
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

4	5	8	2	3	9	7	6	1
1	9	3	4	7	6	8	5	2
7	6	2	5	8	1	9	3	4
6	4	1	9	2	3	5	7	8
3	2	7	1	5	8	6	4	9
5	8	9	7	6	4	2	1	3
2	3	5	8	4	7	1	9	6
8	1	6	3	9	5	4	2	7
9	7	4	6	1	2	3	8	5


Sant Baljit Singh
Is Your Life in BALANCE yet ?
604-317-2747
www.santmat.net
Simple changes can bring more meaning to your life.
Create happiness and well being.
Ongoing free programs on the spiritual practice of meditation on inner Light and Sound.
Wednesdays 7 pm & Saturdays 3.30 pm
Centre for Peace
1825 West 16th Avenue (Room # 201)
Vancouver, BC V6J 2M3
No Public Talk on Dec. 25/13 & Jan. 1/14

skilled immigrant infocentre
Vancouver Public Library Central Library
350 West Georgia Street
Phone: 604-331-3624
Web: skilledimmigrants.vpl.ca
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library
We acknowledge the financial support of the Province of British Columbia through the Ministry of Education
Canada
Funded by the Government of Canada's Foreign Credential Recognition Program

Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

Max out your TFSA contribution, not your credit card.

Get a $25 Bonus* when you become a new ING DIRECT Client and open a TFSA. Plus get a special **2.50% interest rate**** on balances until April 30, 2014.

ingdirect.ca

ING DIRECT forward banking™

ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ forward banking is a trademark of ING Bank of Canada. * Offer valid from January 1, 2014 to March 31, 2014 for New Clients joining ING DIRECT with TFSA as First Product. Client must activate their TFSA Account and deposit their minimum initial deposit of $100 within 30 days of enrolment. Limit of one Bonus per person. May not be combined with any other offer. ING DIRECT will open a companion Investment Savings Account and deposit the Bonus there within 30 days of funding. ** Registered rate of 2.50% is available between January 1, 2014 and April 30, 2014 on all net new deposits made between January 1, 2014 and March 31, 2014 to qualifying Tax-Free Investment Savings Account (TFSA). Interest is calculated daily and paid monthly. Rates, like the weather, are subject to change. For full details visit **ingdirect.ca/maxout**.